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HOMEMAKERS' CHAT
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U. S. DEPARTMENT OF AGRICULTURE
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(Release on receipt)

Subject: "Cater, Coax and Camouflage" Information from the Office of Production and Marketing Administration, United States Department of Agriculture.

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Before we begin, it might be well to ask the men folks who happen to be listening in, to turn a deaf ear to this particular program, because we want to talk about them.....not all of them, just the ones who say, "No carrots for me, thank you" or "I don't care for cabbage, thanks".

If you have a husband, or a brother or a son to cook for, and he doesn't care for vegetables, spelled with a big V, don't give up. Try another way of preparing the vegetables.

One of the reasons many men don't care for vegetables dates back to their childhood meals when the vegetables were served overcooked. Modern research has revealed that excess cooking makes vegetables less palatable. If you want to cook them in water, they should be cooked in boiling, salted water in a pan with a tight lid.

That advice is "boiled down", so to speak, but why limit your cooking to boiling vegetables in water? How many different ways have you tried to prepare that vegetable or those vegetables? You really haven't done your best until you've experimented with baking, braising, steaming, creaming and all the other cooking methods and treatments.

You've heard the school teacher's advice.....something like this: Start the lesson with something familiar and gradually add the new information. For example, if members of your family think they don't care for carrots and they do like celery, try carrots with celery creamed together. You can't expect every one to be wildly enthusiastic at first. After all they have their pride to think of. The next time you might dice a few carrots into small pieces and bury them like hidden treasure in the peanut butter sandwiches.

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One of the most successful ways of serving carrots is raw, diced up with cabbage, nuts and celery, to make a refreshing salad. You can serve it with salad dressing or in a gelatin mold.

A bit more subtle in its camouflage effect is the glazed carrot. At first glance it may look like the familiar, buttered carrot. But try brushing the carrot with melted butter and warm honey. Few can resist a honey-coated carrot.

Although carrots and potatoes are our most plentiful root vegetables, right now we're also fortunate enough to have a leafy vegetable in abundance.....and that's cabbage.

The same tactics that you use on carrots apply to cabbage, too. No doubt your family likes meat. Start with ground meat such as sausage or beef and brown it with diced onions. While that's cooking, cut out the heart of the cabbage and some of the cabbage around the heart, so you have a fairly good-sized hole. Chop up the cabbage you removed and mix it with toasted bread crumbs, then add the browned meat and onions to the mixture and fill the hole in the cabbage. Salt the cabbage and set it in a pan with a little hot water and a tight lid. Then you bake it in the oven till the cabbage is tender.

The next time, try a different variation of the same idea. But this time wrap a portion of the meat in the cabbage leaves and roll each one tight, then skewer it shut with a toothpick. You can bake them the same way, and perhaps the individual servings will 'make a hit' with the family.

Few people deny that vegetables are important in the menu. So if you're having the problem of persuading members of your family to eat these health-giving foods, try first to cater to their whims, then resort to a generous share of food psychology.

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